

Claims

- [c1] A swim stroke trainer apparatus, comprising:
 - a forearm paddle adapted to be connected with a swimmer's forearm, said forearm paddle promoting a downward motion of the hand and forearm; and
 - a bicep/tricep float adapted to be connected with a swimmer's upper arm, said bicep/tricep float promoting an elevated elbow.
- [c2] The trainer apparatus of claim 1 wherein said forearm paddle includes a fin configured to convert generally forward motion into a generally downward force.
- [c3] The trainer apparatus of claim 2 wherein said forearm paddle includes a throat having a resistance surface adjacent said fin.
- [c4] The trainer apparatus of claim 1 wherein said forearm paddle includes a hand portion contacting a swimmer's hand and a forearm portion contacting a swimmer's forearm to limit motion between the user's hand and forearm.
- [c5] The trainer apparatus of claim 1 wherein said forearm paddle includes a stabilizer for stabilizing the swimmer's hand.
- [c6] The trainer apparatus of claim 5 wherein said stabilizer comprises a member adapted to be gripped by the hand.
- [c7] The trainer apparatus of claim 6 wherein said member is laterally inclined.
- [c8] The trainer apparatus of claim 1 including a connector connecting said forearm paddle with a swimmer's forearm.
- [c9] The trainer apparatus of claim 8 wherein said connector comprises at least one strap.
- [c10] The trainer apparatus of claim 1 including a connector connecting said bicep/tricep float with a swimmer's upper arm.
- [c11] The trainer apparatus of claim 10 wherein said connector comprises at least one strap.

- [c12] The trainer apparatus of claim 11, wherein said floatation mass comprises at least two arcuate portions and wherein said at least one strap interconnects said at least two arcuate portions.
- [c13] The trainer apparatus of claim 1 wherein said floatation mass comprises at least two arcuate portions.
- [c14] The trainer apparatus of claim 1 including a pair of said forearm paddles, one for each of the swimmer's forearms.
- [c15] The trainer apparatus of claim 1 including a pair of said bicep/tricep floats, one for each of the swimmer's upper arms.
- [c16] A swim stroke trainer apparatus, comprising:
a forearm paddle adapted to be connected with a swimmer's forearm, said forearm paddle including a fin configured to convert generally forward motion into a generally downward force, whereby said fin promotes a downward motion of the hand and forearm; and
a bicep/tricep float adapted to be connected with a swimmer's upper arm, said bicep/tricep float including a floatation mass having a hydrodynamically configured surface adapted to facilitate gliding through water, whereby said bicep/tricep float promotes an elevated elbow.
- [c17] The trainer apparatus of claim 16 wherein said forearm paddle includes a throat having a resistance surface adjacent said fin.
- [c18] The trainer apparatus of claim 17 wherein said fin slopes downwardly or upwardly from said throat.
- [c19] The trainer apparatus of claim 16 wherein said forearm paddle includes a hand portion contacting a swimmer's hand and a forearm portion contacting a swimmer's forearm to limit motion between the user's hand and forearm.
- [c20] The trainer apparatus of claim 16 wherein said forearm paddle includes a stabilizer for stabilizing the swimmer's hand.
- [c21] The trainer apparatus of claim 20 wherein said stabilizer comprises a member

adapted to be gripped by the hand.

[c22] The trainer apparatus of claim 21 wherein said member is laterally inclined.

[c23] The trainer apparatus of claim 16 including a connector connecting said forearm paddle with a swimmer's forearm.

[c24] The trainer apparatus of claim 23 wherein said connector comprises at least one strap.

[c25] The trainer apparatus of claim 16 including a connector connecting said bicep/tricep float with a swimmer's upper arm.

[c26] The trainer apparatus of claim 25 wherein said connector comprises at least one strap.

[c27] The trainer apparatus of claim 26, wherein said floatation mass comprises at least two arcuate portions and wherein said at least one strap interconnects said at least two arcuate portions.

[c28] The trainer apparatus of claim 16 wherein said floatation mass comprises at least two arcuate portions.

[c29] The trainer apparatus of claim 16 including a pair of said forearm paddles, one for each of the swimmer's forearms.

[c30] The trainer apparatus of claim 16 including a pair of said bicep/tricep floats, one for each of the swimmer's upper arms.

[c31] A swim stroke trainer apparatus, comprising:
a forearm paddle adapted to be connected with a swimmer's forearm, said forearm paddle including a fin configured to convert generally forward motion into a generally downward force, whereby said fin promotes a downward motion of the hand and forearm.

[c32] A swim stroke trainer apparatus, comprising:
a bicep/tricep float adapted to be connected with a swimmer's upper arm, said bicep/tricep float including a floatation mass having a hydrodynamically

configured surface adapted to facilitate gliding through water, whereby said bicep/tricep float promotes an elevated elbow.